



Ely Runners Newsletter

January 2013



NEW MEMBERS

We warmly welcome the following new members who joined the club this month.

David Greaves, Lee Thompson, Harriette Stone, Gavin Law, Andrew Clarke, Deon Steyn, Kelly West, Ben Cook, Charlotte Cook, Mark Crack, Steve Presland, Robert Haggart, Rachel Patel, Richard Parker, Laura Browne.

We look forward to seeing you all at training and club events!

Club Cross Country

The annual club cross country will now take place on **Sunday 10th February** – see page 2 for full details

Hereward – 24th Feb

As you know the Hereward Relay had to be cancelled in November. The event will now take place on February 24th – full information on page 3

If you would like to run or help marshal in either of the above events please let Matt know as soon as possible matt@elyrunners.co.uk

Membership Renewals

A reminder that membership subs for 2013 were due by 1st January. If you would like to renew then please go to the 'membership renewal' page on the club website

<http://www.elyrunners.co.uk/join.htm>

Club AGM

The Ely Runners Club AGM will take place on Monday 4th February at 7:30pm
See page 2 for full details.

Parkrun – free 5k running events

Many of you have already taken part in the Cambridge parkrun – for those of you that haven't the parkrun events are free 5k runs every Saturday at 9am. We now have 3 local parkrun events taking place every week. Milton Park, Cambridge, Wimpole Hall and Kings Lynn. These events are a great introduction to running/racing and they attract runners of all abilities. Runners need to register once only in advance (printing off their own personal barcode) and then they can turn up and run at any parkrun event across the country. For full details please visit <http://www.parkrun.org.uk/>

Dear Member, Official, Marshal & Helper

Despite the gloomy forecast, the rain held off until everyone had finished and although exceptionally windy (which helped to dry the meadow and sports field), it was pleasantly mild. The high winds probably accounted for the number of starters being down on last year but nonetheless 539 windblown but happy (eventually!) finishers clearly enjoyed their NYE10k experience, albeit mostly with slower times than usual.

On behalf of Ely Runners, I would like say thank you to our small army of officials, marshals and helpers for their usual enthusiasm and diligence which make this event so popular. Lots of runners expressed their appreciation of the event. As in previous club open races, the friendly helpfulness of race staff was highly praised. Please let me know if you didn't get a t-shirt or race drink. There's some left and we'll arrange to have these available at training.

I was only Acting Race Director for the day and the organisational success of this event is really down to Race Director Stephen Howard (who is unavoidably away) whom I'd like to thank for all his prolonged and thorough preparation prior to the race.

And well done to Daisy Glover for winning the women's race.

Thank you all and best wishes for 2013.

John Turner
Acting Race Director

Robin Webb winning the Club XC 2012

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Dates for the Diary:

- 03/02 Bourne Frostbite**
- 04/02 Club AGM**
- 10/02 Club XC**
- 17/02 Bramley 10/20**
- 17/02 Stamford 30**
- 24/02 Hereward Relay**

Contributions to the Newsletter

We would appreciate if members have any short articles about their running experiences which other members may find useful, interesting or just entertaining, please send them with a suitable picture (800x600, portrait) to:

newsletter@elyrunners.co.uk

Club AGM

ELY RUNNERS ANNUAL GENERAL MEETING

Monday 4th February 2013 at 7:30 pm, Paradise Centre Conference Room

The Committee would like to encourage as many members as possible to attend the AGM as it represents your chance to:

- Hear how the club progressed in 2012
- Help decide on the club's future
- Vote on important matters such as club membership fees
- Discover the winners of the club's running and achievements awards
- If you haven't already done so there will be a chance to renew your annual subscription with the Treasurer

Please forward any additional proposals, nominations (including yourself or others – provided you have their agreement) for committee/EWG positions, and items for 'Any Other Business' to me as soon as possible.

In particular we currently have no nominations for the following EWG positions:

Race Director (Open Events – Grunty Fen Half-Marathon & New Year's Eve 10k)

Chief Marshal (Open Events - Grunty Fen Half-Marathon & New Year's Eve 10k)

Deputy Race Director & Open Event Sponsorship

i/c Start Finish Areas & Place-keeping

I'd like to take the opportunity to thank Stephen Howard and John Glover, our outgoing race director and chief marshal, for all of their hard work over the past few years that has been instrumental in the continued success and popularity of the New Year's Eve 10k & Grunty Fen Half-Marathon. It would prove very difficult for the club to hold either of our open events without a race director or chief marshal in place. The cancellation of our open events in 2013 would lead to a decrease in income/charitable donations/coaching funding and ultimately a hefty increase in membership fees!!

If you are interested in any of the above roles then please let me know ahead of the AGM – either by e-mail or alternatively chat to me at training.

Steve Tovey

Ely Runners' 2013 club cross-country championships

The annual club XC race will be held on **Sunday February 10th 2013**. The race will be held over 4 laps on a 5.24m course starting and finishing on Ely common at the top of Waterboard Hill. The Juniors will be taking part in a one-lap race (plus an additional circuit of the meadow) – entries to either Alan or Lesley Wright alan@elyrunners.co.uk or lesley@elyrunners.co.uk). We would also like to encourage parents to join their children in the Junior race, many juniors would like the opportunity to race against their parents

Meet at the Paradise car park at 9:30am for a 10:00 am start on Ely common. Entry is free of charge to members and their invited guests. This is a club event so please wear club colours. The course is suitable for trail shoes or (just about) spikes. Road shoes are also suitable but not ideal in wet conditions. There are perpetual 12" Tudor shields for the following award categories (members only): ·

1st Male (2010-11 Robin Webb)

1st Female (2009-10 Zoe Shackleton),

1st Age Graded Male (2009-10 Graham Chapman)

1st Age Graded Female (2009-10 Zoe Shackleton)

Afterwards Chairman Stephen Howard will present the trophies in the upstairs bar at the paradise centre at 11:30 am. If you would like to run or alternatively are available to help on the day as a marshal then please let me know. matt@elyrunners.co.uk

Entries already received:

Alison Blaney, Martin Ineson, Daniel Waite, Matt Holmes, Samantha Collins-Shirley, Steve Tovey, Sarah Edwards, Celine Aubry, Stuart Baumber, Charlie Barker, Jonathan Stone, Harriette Stone, Stephen Howard, Peter Harris, Jose Perez, John Turner, Louise Cadogan, Karl Bedingfield, Anne Booth, Robin Webb.

p.s any offers of homemade cake for after race refreshments would be gratefully accepted.

Hereward Relay

Unfortunately the Hereward Relay had to be cancelled in November due to flooding across many parts of the route.. The good news is that the organisers have announced that the event will now take place on Sunday February 24th.

The race consists of 4 stages from Peterborough Cathedral to Ely Rugby Club and is a very challenging race with 4 members in each team:

Stage 1 = 6.5 miles from Peterborough to Whittlesey

Stage 2 = 10.5 miles from Whittlesey to March,

Stage 3 = 10.3 from March to Welney

Stage 4 = 10.4 miles from Welney to Ely.

We usually have 6/7 teams, so if you would like to run please email matt directly matt@elyrunners.co.uk.

Entries received so far:

Daniel Waite, Matt Holmes, Robin Webb, Celine Aubry, Tony Kirby-Cook, Lionel Smith, Stephen Howard, Conan Fryer, John Crisp, Steve Starr, Andy O'Hanlon, Karl Bedingfield, Martin Ineson, Kieren Drane, Louise Cadogan.

A reminder that this event is run under UKA rules and if you are a first claim Ely Runner, you do need permission from either UKA or Ely Runners to run for another team entered into the Hereward Relay.

Although the event is organised by March AC, we have always marked out the course from Little Downham to the finish at Ely City Football club – and we're also responsible for setting up the finish area. This is mainly because March are kind enough to supply several marshals for our GF and NYE 10k – and without their help we'd struggle to find enough marshals for our own open events.

So we would be grateful if anyone can offer to help with the following areas:

Team Organiser - To manage 6/7 teams (teams of 4 runners), seeing them off on the day with pins & numbers.

Matt Holmes has offered to do this job.

Course marking - This job would take two and a half to three hours.

Mainly setting up from Lt. Downham from about 9.30 until 11.30 and for an hour when the last team has finished. It would mean getting the equipment from the stores and returning when finished. The club will pay for any fuel used whilst relaying equipment about. I could take anyone interested and show them how I set the finish up and mark from Lt. Downham.

Steve Tovey has offered to do this job.

Marshals Co-ordinator and Marshals- we usually need 5/6 marshals on the day. Marshalling can be from 11.30am to 3pm - this is a straightforward job ensuring that marshals are positioned in time and would allow the team organiser to leave once his last team has left at 11am. First stage runners will also be asked to help with Marshalling on their return to Ely.

Team Drivers

In order to make the race less of a logistical challenge we normally have 1 or 2 helpers to drive runners to their race start.

For a full list of results and event reports see the club website.

If you have run in an event recently why not send in a race report to results@elyrunners.co.uk – club members are interested to know how you get on and what you think of a particular race – send in report and get your name up in lights on the club website and newsletter!!!

Taken From England Athletics Magazine Winter 2012-13 (well done Steve, Lionel, Conan and all involved)

On 17th July 2012 Ely Runners started their first ever beginners group.

As a club Ely Runners have athletes capable of producing some impressive times on the roads.

But, following a few enquiries, the club came to realise that they didn't cater for those that are completely new to running and felt that these people were being put off joining the club. So the club went to work on resolving the situation – they sent three of their current club members on the Leadership in Running Fitness course and planned to start a 10 week Run England beginners' programme.

The course was advertised and while the club had no preconceived idea of what response they would get the enquiries started to come in and two weeks before the start of the course 25 people were registered. Then during the two weeks before they had more and more enquiries and on 17th July just under 50 new runners turned up.

All shapes and sizes

The newcomers came in all shapes and sizes and with different experiences of running from one person having completed the London Marathon earlier in the year, to those that had never run before. So it looked as though running the group would prove quite a challenge for these new leaders. However it was a challenge that they rose to! On arrival back at the Paradise Centre, the meeting place for Ely Runners, after the first session there were 50 happy faces all going home with a great sense of achievement - they had got out and started running! On 11th September came the final session of Ely Runners 10 week beginners' programme. Of those that started 35 completed the course, 20 are already full members of the main club with more group members also due to make the progression.

Proud Parents

The leaders said it was strange when the runners from the first course started attending club sessions, it felt like a graduation and the leaders were the proud parents! As the course was such a success Ely Runners decided to put on a second course which has seen the return of some of those who did not 'graduate' to the main club. The second course began with just over 20 runners each week.

What the new runners say:

Alysoun:

"I used to go to the gym regularly before having my children (eldest now 12), but since then I have not undertaken any regular or formal exercise, so now am very unfit, and really fed up with myself. I saw the poster for a 10 week Run England beginner's course in Tesco and knew I had to go for it. The idea of a group with support and structure is a brilliant one - starting off a running programme alone would be so difficult, and easy to fail. "The sessions are hard work (aching legs!!!) - but the support from Ely Runners is amazing – thanks everyone!"

Tom:

"The build-up to week one was nerve-wracking to say the least, despite having had three weeks or so to prepare myself mentally. This was the first serious exercise I was going to do since getting married and having put on something like 7 stone in the last few years. (Not that I'm suggesting any link between marriage and weight loss!!!) "It turns out I had nothing to fear, as the course was definitely geared towards the completely inexperienced. It was very enjoyable and satisfying to have taken part, despite not being able to complete 100% of the session. After the third run-walk period, my calves tightened up, and I had to stop and walk off the lactic acid that had built up. However, kind words from several of the runners/coaches really put me at ease. "I found the coaching and assistance from the experienced runners invaluable, and I haven't seen any of the perceived 'elitism' that running clubs can conjure up in the mind."

Sandi:

"I am probably one of the last people you would expect to have become a runner, when I was at school during those PE/games sessions I certainly was not in the first half of the class chosen to play on the team of the elite. I hated running, I hated sport of any kind – I suffered from asthma and was just a wheeze when I exerted myself! I did walk or bike everywhere. Now much older, I love to walk and I practice yoga, over the years I've been to lots of different exercise classes, none of which have held my enthusiasm for very long. I've wanted to be able to run for a long time now; it always looked such an escape. Every time I had tried to run, I set off too quickly, tired myself out and gave up puffing and panting. My thoughts on that changed in February, my friend (who has run marathons and half marathons) took me out for my first ever proper run, there was snow on the ground and it was sleet, but with her encouragement we jogged a set distance and walked a longer set distance until we had covered almost 3 miles - I was astounded, I could run! "Since that first outing in February I have been a dedicated runner, each week I could see improvements, and with each improvement I pushed myself further until in April I gave myself compartment syndrome – it was brought on by doing too much too soon. Two weeks complete rest and a lot of pain from a sports massage therapist and I could slowly restart my running. It was a very slow start and I was losing confidence in ever becoming a runner. "I had looked into my local running club when I was doing well but obviously wasn't good enough to join without feeling like I was back at school and not good enough to join the elite again. But then a beginners' course was developed. Perfect - I could start the course with other newbies and learn from scratch, I would be with people with similar experiences and ability. I had learned my lesson and would take it slowly. "Joining any new class or course is daunting, I turned up on the first night not knowing quite what to expect, I was gobsmacked by the amount of people that had turned up, all eagerly waiting to learn how to become a runner. It was great to see such a varied mix of people too. This first week we walked, warmed up and jogged, we were shown some stretching exercises to avoid those stiff muscles the following day. The volunteers were great, they encouraged each of us all the way, pushing without bullying. I was relieved that I hadn't signed up for a 'boot camp'! At the end of the session I had met and chatted to new people, it seemed a very friendly group, each of us coming to the course with different life experiences. I felt good. Even though I was just about back up to running a 5k without stopping, I felt like I'd had a good workout. We all left feeling very positive and actually looking forward to the following week's challenge. Homework was inevitable, get out and run-walk or walk-run. "Week two came along and there we all were again, we were introduced to fartlek training (luckily I'd heard of it before or my childish side might have got the better of me), we got into pairs and we each chose our own pace to either run or jog to a set point and then jog or walk back to the start, the distance got a little further with each attempt, but there was no competition, no teachers' pet, no dunce of the class. We did the same again using set times rather than distance. I talked to a few more people as well as catching up with the people I'd met the first week. It was great. I was loving it, and it seemed the others were too. We were introduced to another couple of stretches and our homework was set." By Week 4 Sandi was no longer feeling trepidation on her way to the sessions, "Whatever they have planned for us, I know I can cope... Bring on week 5!" and week 5 saw her running 2.64 miles without stopping, "It's a good pace, faster than when running alone - see what a bit of camaraderie or competition does! I'm feeling really good about this running lark and I actually believe I can be a runner." Following the end of the course Sandi has already gone on to complete the Grunt Fen Half Marathon.

Race Reports

60th Thames Hare and Hounds Alumni Race - 15th December 2012

Peter Harris took part in the annual Alumni Race on Wimbledon Common, running about 5 miles over a shortened version of the Blues Race cross country course, for the Old Denstonians (OD's) against teams of alumni from various schools . Peter left Denstone well over 40 years ago, but since taking up running again with Ely Runners has run a number of times for the OD's, which seem to attract only the most ageing of its members. Consequently, the team regularly figures prominently in the veteran categories, but has not troubled the leaders in the open race since the early 1970's.

This year was probably the OD's most successful race 'since the old days', coming 2nd in the V40's and, with a little help from Peter, 2nd in the V50's and 1st in the M60's - ironically winning for the first time the trophy that the OD's had donated themselves a couple of years ago, in the hope they might win it one day! In fact, for the second consecutive year, Denstone had also been presented initially with the M50 winner's trophy, only to be relegated to second place after a recount instigated by Winchester. However, on both occasions, the OD's team had already taken off with the trophy!

Peter also had good reason to query the published results after discovering that he was 2nd M60, over 5 minutes behind the alleged M60 winner. He was reportedly heard to mutter 'I don't believe it!'. However, after some detective work, Peter discovered that this would-be pensioner was in fact definitely still in his 30's, so he is now patiently waiting for the results to be adjusted again.

Adjusted results: Peter Harris 62nd 36:49 out of 131 (1stM60, 13thM50)

Country to Capital 45 - 12th January 2013,

Miranda and Emma took part in the Country to Capital 45 mile challenge. Starting at Wendover, the weather was a cool 2 degrees, there had been rain that morning but this had eased off before the race start. The wind was westerly so a headwind for the whole race.

Emma and Miranda set off at a good steady conservative pace, possibly too conservative as they were officially the last runners to leave the first check point! They continued steadily for the first 23 miles, enjoying the challenge of orienteering, the hills and the mud, slowly picking off the back runners and increasing their position within the race.

At 23 miles they left the hills behind and joined the Union Canal, about two miles along the canal Emma's hamstring started to tighten which proved to become a bit of a pain in the arse (lit.). They continued to run but had to walk periodically to allow Emma to stretch out the hamstring.

Thankfully by mile 32 Emma's hamstring eased off and Miranda and Emma continued at a good pace along the canal using head torches as darkness fell. The last two hours were run in the dark before reaching the finish in Little Venice.

Both were happy with their result, enjoyed the race and pleased to improve their position by 55 places from the first checkpoint to the finish. All good training for the Thames Trot 50 in three weeks.

Miranda and Emma finished in 9 hours 23 min 10 sec. 219/220th out of 275 (19 DNF)

By David Mould

My 50th marathon should have been on the 27th December 2012, but I was not 100% so decided to give the Sunrise-to-Sunset Ultra a miss. Marathon #50 was the Winter Enigma Day 2, on the 7th January 2012.

Foolishly I decided to wear my less cushioned trainers and really suffered with over worked calf muscles. I'm still really happy with 14th place and a time of 3:49:04.

My 50 marathons so far have consisted of 9 ultras, 2x30 milers, 32.2 miles (Dartmoor Discovery 50km, 46-ish miles Northampton-Tring 3x50 milers (Lakelandx2 and the Winter Poppyline), 53-ish miles Highland Fling,

My marathons, aside from running around Caledcotte Lake have taken me to:

2go (Two2go and One2go) (Lee Valley ending near the Olympic Stadium), Windermere, Isle of Wight, Edinburgh, London, White Peak, Bungay, Snowdon, Halstead, Abingdon, Kent RoadRunner, Milton Keynes, Trail Marathon Wales, Rutland Water, Luton, Leicester, Beachy Head, Holly Challenge (Telford)



TRAINING FOR JANUARY/FEBRUARY

Planned training sessions can be subject to change, being dependent on weather and ground conditions, visibility, numbers attending and suitability for those present.

Members are requested not to wear ear pieces during training because they will not be able to hear traffic approaching from behind. Members are reminded that they run/train at their own risk. These training details will also be on the home page (see ER Training Programme) of the club's website at www.elyrunners.co.uk, on the Paradise Centre foyer ER notice board and in the club's monthly Newsletters

Maps of many of the training routes are on the club's website at www.elyrunners.co.uk/training.htm

Seniors' Sunday training (usually 9 am Paradise car park) will be advised by weekly email.

Autumn-Winter Training

Now that the days are shorter we will soon be starting the Autumn-Winter 2012 Training Programme. **From Tuesday 18th September high visibility bibs or t-shirts or jackets are to be worn.**

Juniors are to meet at 7 pm at the Paradise Centre on Tuesdays and train at one of the following venues, as decided by coaches, until daylight training resumes in 2013:

- Astro Turf at The King's School, Ely
- Cam Drive x 4 laps
- King's Avenue x 3 laps
- Lynn Road x 4 laps
- Stour Green laps
- Jubilee Gardens laps
- The selected junior venue will be on the club notice board in the foyer of the Paradise Centre.

Tuesday 22nd January

Lynn Road 4 x 1 mile lamppost intervals jog/run/stride/sprint repeats with 1m warm up and 1m warm down to/from Davison Road (about 6.5m from/to Paradise)

Thursday 24th January

2 or 3 x 2.1 mile circuit Nutholt Lane, Lynn Rd, King's Av, New/High Barnes
About 4.2m or 6.3m from/to Paradise

Tuesday 29th January

Cam Drive (6/8/10 x 1k) alternate intervals: Lynn Rd to Stour Green roundabout 370m (slow), Stour Green roundabout to Nene Rd 320m (fast), Nene Rd to Lt Downham Rd 310m (slow). Return fast/slow/fast on same alternate intervals. Total distances 3.75m/5m/6.25m + 1.5m return from/to the Paradise

Thursday 31st January

1 or 2 laps of 3.4m Ely Hills (6 climbs/6 descents/total about 275' climb per lap)
Fartlek or intervals + recovery options on hills (3.9m or 7.3m from/to Paradise)

Tuesday 5th February Intervals on Stour Green comprising 2 laps (0.48m) fast and 1 lap (0.24m) jog recovery. Target distance 6 sets = 4.32m + 1m each way from/to Paradise = 6.32m.

Thursday 7th February 2, 3 or 4 laps of 1.9m Lynn Rd, Cam Dv, Downham Rd, Egremont St circuit. 4.1m, 6m or 7.9m to/from Paradise.

Tuesday 12th February The Gallery intervals of 5 x 1m circuits to/from Cathedral lamppost. Fast interval from bottom of The Park hill, Broad St, Back Hill, Gallery 0.6m. Recovery Gallery, Porta, Cherry Hill 0.4m (about 5.6m from/to Paradise).

Thursday 14th February Round Ely circuit of 6.25m or shorter 4.8m finish via Police Station corner. Beware of corners if icy.

Tuesday 19th February 3 x 1m self-timed intervals from John Amner Close (on Lynn Rd) via Cam Drive to far kerb of 1st college entrance in Downham Road with 0.9m return/recovery via Egremont St. (6.3m to/from Paradise). Target 10% faster than 5k race pace.

Thursday 21st February 1 or 2 laps of 3.4m Ely Hills (6 climbs/6 descents/total about 275' climb per lap). Fartlek or intervals + recovery options on hills (3.9m or 7.3m from/to Paradise).

Tuesday 26th February Lisle Lane & The Vineyards fartlek intervals. 3 or 4 x 2.82km (1.75m) laps each with 3 fast/hill strides (125' climb per lap) and 3 recoveries. Start/finish by Cheffins, Market Square. 3 laps = 8.46km (5.26m), 4 laps 11.28km (7.01m) + 0.8km (0.5m) Paradise return

Thursday 28th February 2, 3 or 4 laps of 1.9m Lynn Rd, Cam Dv, Downham Rd, Egremont St circuit. 4.1m, 6m or 7.9m to/from Paradise.

Event photographs

Please send any race/club event photographs to Charlie Barker - (charlie@elyrunners.co.uk)

Ideally they should be resized to 800x600 pixels (ish) and preferably be less than 100k in size.

Did you spot Robin on page 1? Send in your event photos and you too could feature in next month's newsletter!

RACES & EVENTS GUIDE 2013

This includes local area and easily accessible races, club, county, regional and national championships, and a selection of UK/overseas events previously enjoyed by members.

Cambridge 5k Park Runs (at Milton) are every Saturday at 0900. Entry is free but before your first race, register on-line by 1800 on Friday, <http://www.parkrun.org.uk/cambridge/Home.aspx>

February

02 (Sat) The Pilgrim Challenge Ultra 2013, Farnham, Herts, <http://www.xnrg.co.uk>

03 Frostbite Friendly League Race 5, ~5m XC Seniors & ~1.5m XC Juniors, Bourne Woods, Bourne, <http://www.frostbiteleague.org.uk/>

10 Caythorpe Dash Half-Marathon, Caythorpe, Grantham, Lincs, <http://www.caythorpe.org>

10 Ely Runners Club XC Championships

16 (Sat) Althorp Duathlon, Althorp Estate, Northampton, <http://onyourmarksevents.org>

17 Ryston Runners XC Series Race 5, 800m (U9), 2k (U11), 3k (U13/U5), 4.5k (U17), 9k (Seniors), Shouldham Warren, Norfolk, <http://www.rystonrunners.org.uk/joomla/index.php/cross-country>

17 St Valentine's 30k, Stamford, Lincs, <http://www.stamfordstriders.co.uk/30k.php>

23 (Sat) Belvoir Challenge 15m or 26m, Harby, Leics, <http://www.belvoirchallenge.co.uk/entry.htm>

23 (Sat) Saucony National XC Championships, Herrington Country Park, Sunderland, Tyne & Wear, http://www.englishcrosscountry.co.uk/index.php?option=com_frontpage&Itemid=1

24 Sleaford Half-Marathon, RAF Cranwell, Sleaford, Lincs, <http://www.sleafordhalf.com/>

24 St Peter's Way Ultra 45m, Ongar, Essex, <http://www.challenge-running.co.uk>

24 Test Track 10m, Basildon, Essex, <http://www.stlukeshospice.com>

March

02 (Sat) Sole Destroyer, Little Houghton, Northampton, <http://www.muckyraces.co.uk>

03 Cambridge Boundary Run Half-Marathon & Marathon, Cambridge, <http://www.cuhh.org.uk/competition/boundaryrun/boundaryrun2013/>

03 Frostbite Friendly League Race 6, 5m Seniors & 1.5m Juniors, BRJ Huntingdon, Huntingdon, <http://www.frostbiteleague.org.uk/>

03 Pitsford Water Marathon, Brixworth Country Park, Northants, <http://www.madeyarun.com>

03 Roding Valley Half-Marathon, Woodford Green, Essex, <http://rvhm.org.uk>

03 Swavesey Village College Half-Marathon & 5 Miler, Swavesey, Cambs, <http://www.run-svc.org.uk/index.php?0>

10 Cyprus Marathon, Half-Marathon and 10k, Paphos, Cyprus, <http://www.cyprusmarathon.com/index2.htm>

10 Devil's Challenge 7, Barton Le Clay, Beds, <http://www.devils-challenge.co.uk>

10 Dunstable Downs 5k & 10k Trail Race, Dunstable, Beds, <http://www.dunstableroadrunners.org>

10 Newton's Fraction Half-Marathon, Grantham, Lincs, <http://www.granthamac.com/nf>

17 Mud & Mayhem Spring 10k & Duathlon, Santon Downham, Thetford Forest, Suffolk, <http://gobeyondultra.co.uk/events>

24 Ryston Runners XC Series Race 1, 800m (U9), 2k (U11), 3k (U13/U5), 6.5k (U17/Seniors), Shouldham Warren, Norfolk, <http://www.rystonrunners.org.uk/joomla/index.php/cross-country>

April

21 Virgin London Marathon, London, <http://www.virginlondonmarathon.com/>

28 North Lincolnshire Half Marathon, Scunthorpe, Lincs <http://www.northlincshalf.co.uk/>

May

05 Fen Drayton 10k, Fen Drayton, Cambs, <http://www.fendrayton10k.org.uk>

06 (Mon) Milton Keynes Marathon, Milton Keynes, Beds, <http://www.mkmarathon.com/>

NOTES

Races and events are on Sunday unless otherwise mentioned. Many events also have a concurrent Fun Run. These can provide valuable racing experience for junior members and beginners. Check the main race information for details. Courses are usually on roads and/or hard footpaths/cycle ways unless otherwise mentioned. Distances without units (m or k) are probably m = miles. Frostbite League races are about 5-6 miles for seniors and 1.5m for juniors. Entry (league membership) is paid for by the club.

Club Contacts

Further details of events from the Club notice board in the Paradise Centre foyer, running magazines, websites, or from Steve Tovey, secretary@elyrunners.co.uk who also has details of all RRC/TRA long distance road/TR/XC races and FRA fell races.

National, regional and county championship team entries are via Heidi Uff or Lionel Smith, captain@elyrunners.co.uk but for -13,-15,-17 & juniors, first contact Lesley Wright, lesley@elyrunners.co.uk.

Ely Runners' private club XC championships, 10k/1m handicaps, and TTR relay entries are via Matthew Holmes, (matt@elyrunners.co.uk).

Round Norfolk Relay entries are via Alan Rutherford, alan@elyrunners.co.uk and paid for (if funds available) by the club.

Social events are via Julie Foreman, julie@elyrunners.co.uk

Junior training details from Junior Representative/Club Coach Alan Rutherford, alan@elyrunners.co.uk

Junior race details from Junior Secretary Lesley Wright, lesley@elyrunners.co.uk

Club website: <http://www.elyrunners.co.uk>

Grunty Fen 1/2M website: <http://www.gruntyfen.co.uk>

NYE10k website: <http://www.newyearseve10k.co.uk>

Turing Trail Relay website: <http://www.turingrelay.co.uk>

Association of Running Clubs website: <http://www.runningclubs.org.uk>

EVAC Webzine: <http://www.easternveteran.co.uk/>

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